

Integral Yoga®

AUGUST/SEPTEMBER 1985 \$3



MISSION OF PEACE
TO THE U.S.S.R.

UPCOMING EVENTS WITH SRI GURUDEV

AUGUST

26-31 Zinal Integral Yoga
 SWITZERLAND Seminar

SEPTEMBER

1-8 Zinal Annual
 SWITZERLAND Conference of
 the European
 Union of
 National Yoga
 Federations
29 Buckingham Annual
 VIRGINIA Community Tea

OCTOBER

4 New York Annual "The
 NEW YORK Swami and the
 Rabbi" program
 with Rabbi
 Joseph
 Gelberman
5-6 Montreal
 CANADA
1986
January-February Yogaville, Australia
18-20 July Yogaville, Virginia:
 LOTUS Dedication

holy days & other special dates

SEPTEMBER

8 Jayanthi (Birthday) of Sri Swami
Sivanandaji Maharaj
12 Farvandin Jashan (Parsi)
16 Rosh Hashanah (Jewish)
Muharram (Islamic New Year)
21 World Gratitude Day
25 Yom Kippur (Jewish)
Ashura (Islamic)
28 Full Moon
Birthday of Confucius
30 Succoth (Jewish) continues through
7 October

OCTOBER

2 Birthday of Mahatma Gandhi
6 Birthday of Guru Ram Das
14 Navaratri (Hindu) continues
through 22 October
16 World Food Day
20 Birthday of the Bab (Baha'i)
23 Durga Puja (Hindu)
27 Reformation Sunday (Protestant)
28 Full Moon

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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction at Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Editorial

WHY BE POS

To a yogi (or someone of universal, ecumenical thinking), the whole world is home. All people — of all nationalities and all religions — are relatives to the yogi. It's all family. The global family has certain members who are virtuous, some who are troublesome, some who disgrace the family name. But should we ever stop loving our family members? Should we ever stop trying to show them our good will and our willingness to take them in when they are in need?

Above all, we should never forget that we are all one family. We may disagree; we may totally disapprove of some things done by one of the relatives. But hating, fighting, killing each other will never bring harmony or even a real solution. All the family members must sit down together and look each other in the eye. "We really disagree on this issue. All right. At least we agree that we disagree. At least we know that, no matter how different we feel about something, we are really friends underneath all that. Now what can we do to work something out?" Even when the dialogue is firm, there should be love behind it.

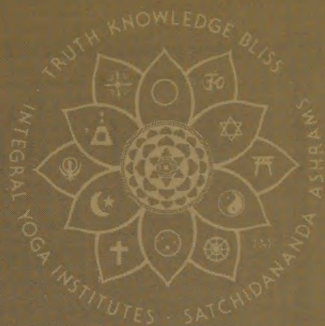
This is what Sri Swami Satchidananda and the other citizen delegates from Projects for Planetary Peace are trying to show us. When they speak positively about the Russian people, they are not being naive. These delegates are aware of the undesirable elements in that country — like everywhere; but they are also aware that the citizens have the same basic hopes, fears, joys and sorrows as citizens of other countries.

UT RUSSIA?

All societies have strengths and weaknesses. With trust and respect for one another, each country could learn from the others. For too long we have put the emphasis on the enmity between the world's greatest powers. With hatred, these two governments will never reach any kind of understanding. And that understanding is so badly needed in our world today. As Sri Gurudev says, "if these two powers could work together for the good of the whole world, there is nothing that could not be achieved. They could be the parents of the entire globe." Our world is so small; let us realize at last that we are one true family — differences of opinion and all. When someone in a family is in real trouble, even the most bitterly estranged uncle will rush to help.

We all know the problems, the things we don't like in both systems. We're not likely to fall asleep and become complacent. But we must move forward toward peaceful, friendly solutions. It's time to accentuate the positive, to be aware of the millions of good people in the U.S.S.R. And they need to be made aware of the millions of good people in the non-communist countries. It won't be easy; but if we can become friends, war, hunger, terrorism, and so many of the world's ills could be cured. It may seem like an impossible dream, but at least we can have that goal. With positive thinking and love for all, the possibilities are limitless.

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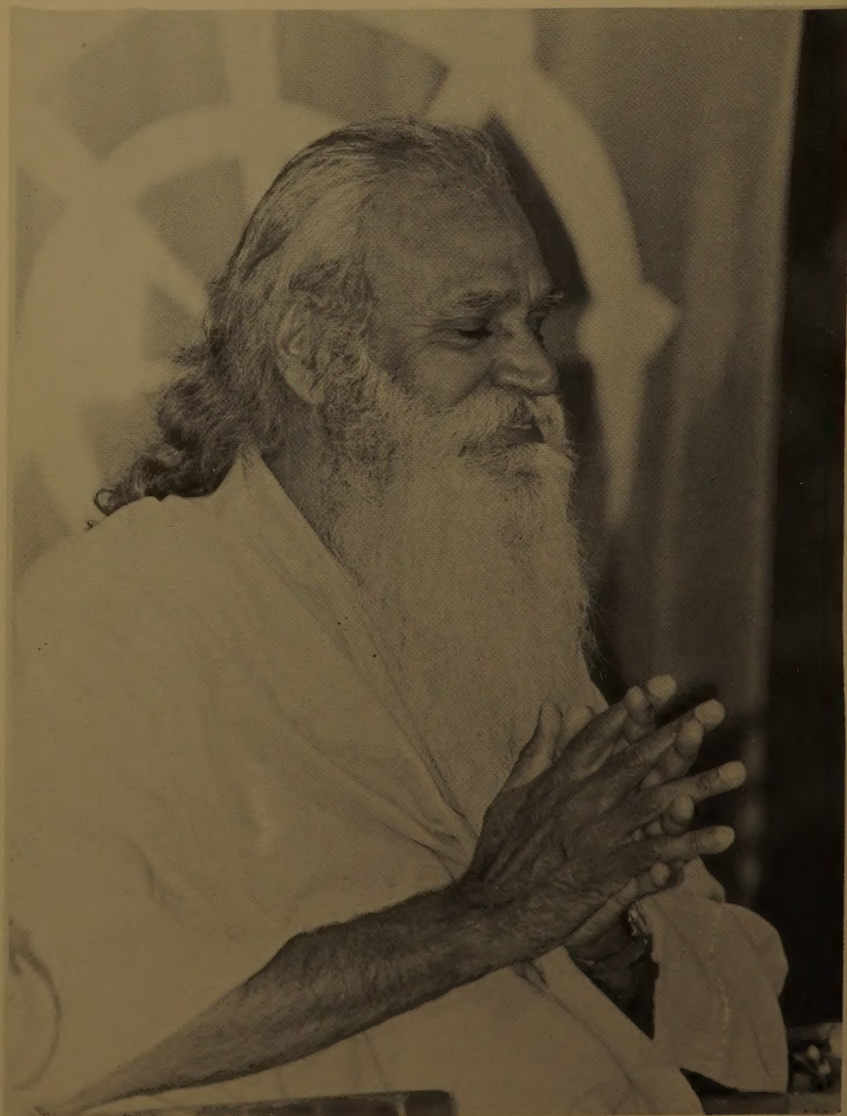
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SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

WORLD WITHOUT WAR

by Sri Swami Satchidananda



Who creates war? The bombs do not
op by themselves. It is the people
hind them, the human minds that create
ar. If we want peace, where should we
gin? With the minds of the people. If the
inds are changed, the world will be
anged. There is a saying, "As the man,
the world; as the mind, so the man."
hange the mind, you change the person;
d change the person, you change the
mmunity or the society or the nation or
e world. If you cannot have commun-
n with your own neighbor, how are you
ing to have communion with God?
ur neighbor is God in a visible form.
u want to have communion with an in-
isible God sitting somewhere up in
aven. First let us have communion with
r own plants, our own pets, our own
bies, our own neighbors — next door
d around the globe. We need to use
iritual teachings like yoga to help us
ve real love for one another.

Even war is based on love, but that love
misplaced or limited in some way. If
u want to throw a bomb on another
untry, you may feel that you're doing
for the sake of your country, because
u love your country. All right, you love
ur country, but don't you think the
ner person will love his or her own
untry in the same way? Why don't you
pand this love for your nation into a
ve for the whole world? If your love is
iversal, how can you bomb someone
e? Those people are your brothers
d sisters.

The whole world is like a body. If not
eated, an infection in one part will
read throughout the whole body. Every
rt will be affected. Likewise, if we want
be happy, we should work for the hap-
ness of all people everywhere. That is
e only way to achieve real peace and
ntentment.

Unless the human mind is freed from
eed, jealousy and hatred, there will be
ore and more wars. If you free your
vn mind of all these problems, at least
at little part of the world will be free
om trouble. If we want a peaceful world
tside, let us begin with ourselves. If

we want peace outside, we must have it
within first. If we want a world free from
violence, we should free ourselves from
every kind of violence.

Getting Rooted

I consider this a transitory period. We
are witnessing a great change. When a
seedling is transplanted, at first its leaves
wither and fall. It has to face that stage;
that is part of the process of getting rooted
in the earth. It cannot live in the nursery
always. In the same way, I see a very
bright future for humankind; we are slow-
ly getting rooted. This itself is the proof
of what is to come.

I really feel we are going to see a better
world. In fact, we are seeing it already.
Wherever I go around the world, I see a
marked difference between the genera-
tions. Many of the older people are learn-
ing good lessons from the younger ones.
Even in the United States, many, many
parents are opening up to the real natural
beauty of what spiritual life is because of
their children. With this modern genera-
tion, I do not think there will be any more
war. It is the political leaders who are
creating all the wars. The ordinary peo-
ple just want to be peaceful. We have seen
that in the Middle East — Arab and Israeli
soldiers hugging and kissing each other
when they parted. The rivalry is only at
the topmost level.

Among religions this is also true. The
common people do not worry about what
religion you belong to. They feel we are
all brothers and sisters. The real rivalry is
among a few of the religious leaders.
Many of them label people: "That one
is a demon worshipper. She is this. He
is that."

The Education Minister in Sri Lanka
once asked me, "Swami, is there any way
of avoiding all these religious and political
fights among the people?"

I said, "Yes, I have a way. But to make
it possible you must make me the dictator
of the country for three days."

"Well, I do not really have the power
to make you the dictator, but at least tell
me what you would do."

"Okay, I will tell you. I would immedi-

ately charter two big ships. I would put all the political leaders on one ship, and all the religious leaders on another ship. Then I would send them to a deserted island. As soon as the ships leave the port there will be harmony, and the people will simply embrace each other. They will all feel like one family. Each leader wants a group of his own, wants to compete with the other leaders. They should realize that this is not the way. They should have the proper understanding among themselves. There are many different ways, and we shouldn't try to change that. We should be aware that the ultimate goal of them all

color, community — are just superficial. If you go a little deeper, where is the black and where is the white? Where is the yellow and where is the brown? It is only skin deep. The spirit has no black or white or brown or yellow. This is the real spiritual life: talking in terms of spirit, loving in terms of spirit. That is the real Yoga — unity or communion. We cannot have communion with God without having communion with our own fellow beings. "My community first, my family first, my country first . . . I am even ready to die for my country." We hear such things over and over. It is good to love you

" . . . we should learn to love each other and to always appreciate the nice things that people do. We should not always be pinpointing their mistakes."

is a common one. There should not be any rivalry. Only when this is achieved will we find peace. Otherwise, it will always be like this."

Terms of Spirit

Every human being has a flaw somewhere. You will never see a one hundred percent strong, completely perfect person. Only God is absolutely pure. The body has its weaknesses; the mind has its limitations. But in God there is no weakness. God is never-changing, but your mind and body are ever-changing. It is the same with everyone, from every country.

We should just rise above all the differences and see our spiritual oneness; we should learn to love each other and to always appreciate the nice things that people do. We should not always be pinpointing their mistakes. If we keep on talking about mistakes, then sooner or later we will find ourselves making those same mistakes — as you think, so you become. If, instead, you keep on talking about the nice things, you will become nice. You will forget all these superficial differences. The physical and mental differences are just on the surface. We do not need to label or deny people because of them. All the distinctions — village, country, caste,

country, no doubt, but you should love the other person's country also. If we all feel that we belong to the entire world, what is the country next to us? It is more or less our next-door apartment or even the next room in the same house. Because you love your room, would you go and disturb your sister's room in the same house? If we love *only* our own country it is a kind of limited love, which might also be called selfishness. It's not that you should not love yourself; but when you love yourself, you should also love every body else in the same way.

When we do not do that, we see these political wars and other problems coming up. Each country wants to be the top most, so it tries to keep the others down. Then the fear and the rivalry come in. Why is there an arms race going on now? Because each one is afraid of the other. In a way, the world is not really healthy right now. A person with a lot of fear cannot be healthy however many resources he or she has. The same is true of a country. If today the United States and the Soviet Union would think of the entire world as theirs and use the resources that go into arms to help the other countries develop and to distribute resources equal



Yoga Ecumenical Symposium, Seattle.

...they could be more or less the caretakers or the parents of the entire world. They could be the friends of all, and the entire world would be happy. Instead, they think that they can control others by force, that they can bring peace with arms race. It is very wrong thinking. Peace can never be brought by war or by force, only by love.

Look at all the great people like Christ, Buddha, Mohammed. How many millions love them even today and worship them? Why? Because they loved the entire humanity. Unfortunately, even in that people have segregated themselves as followers of Christ, followers of Buddha and so on; and they say, "Mine is the best, yours is no good." Then religious wars come in. It is all based on limited, selfish love. Whenever you put limitations on your love, you are separating yourself from others, you are fencing yourself in. We should just open our minds and our hearts. Even just imagining, "I belong to the whole world and the entire world is my family," will make you so happy and peaceful. That is how all our great sages and saints wanted us to be. That is how they became sages and saints. It seems

that many people only read the scriptures, and do not follow them in their lives.

Sowing Good Seeds

The other day some people asked me if there are catastrophes in store for us. The answer I gave was, "Maybe." I think probably they wanted me to give them a day and year, or at least an approximate date. In that case the answer is, "Maybe tomorrow." But we do not need to worry about that. Remember, whatever is created can be destroyed. Don't ever forget that. What was put together will get separated. At a wedding the minister says, "What God has put together, let not man put asunder." God has the authority to do that, but not man. Remember that. God put it together, so it is not your place to take it apart. If at any time it has to be cut, let the One who put it together be the one to take it apart. He will do it one day, no doubt. Anything that has been brought together will be separated one day. If there is a coming, there will be a going. If there is a making, there will be a breaking. They are inseparable. Body comes, body goes; building comes, building goes. Dust to dust, ashes to ashes. Can you tell me one thing that is permanent in this

world? No. Don't worry about catastrophes. What do we have to lose? We might lose our old model bodies, but we will get new bodies, so don't worry. Why should we be afraid? Anything that is immortal will never die. Even if there is no earthquake, how long are you going to live in this body? Maybe another fifty years, sixty years, hundred years, hundred and twenty years. One day you are going to say goodbye. Why worry about it? A hero dies once. Let death come to us once, not constantly, every night and every day. Be bold and be brave, and don't worry about all these things. Just know that there is a purpose behind everything, and that the purpose is always for the good of all.

There are certain things that have been revealed to the great seers, and they have spoken about them. Unfortunately, we are trying to interpret what they say. These revelations are to be understood on a different level. It is our minds that interpret. If our minds are already colored, our interpretations also will be colored. Instead of worrying about doomsday, let us just do what the saints and sages asked us to do. Then there is no need to worry

about the future. That is why much of the future is purposely not revealed to us. If God, or the Cosmic Awareness, thought we would be benefited by knowing the future, it would not be very difficult to leave the door open. We would know. We do not need to go running around to astrologers and palmists to get predictions. What we need to know will be made known to us. God is not that stingy. If it were beneficial, God would tell us right away. Instead God says, "Why worry about tomorrow? Why worry about the past? Past is past. The future is not in your hands. But the golden present is in your hands. Think of the golden present. Do what it is right to do now. Sow what is to be sown now. Certainly you will reap later on." When people worry about reaping, in their worry they forget to sow now. What will they reap then? First of all you should not worry, and then you should do something useful.

You might have a beautiful dream. "After ten years I will have many varieties of fruits and flowers in my garden, and I will go and pick them all and give them to everyone. No one will go hungry. The whole world will be beautiful and full."



You can sit there, imagining all that, and really enjoy your vision. But you are wasting your time if all you do is think about it. Use that time to go and dig a hole. At least plant one seed. Sow the right seed now, in the golden present, and you will have a golden future.

In a way the questioning generations are all sowing good seeds. They are interested in finding out the truth, in learning about themselves, in becoming better people. These seeds will bear fruit. With people like this all over the globe, the world will have a wonderful future. Many people say to me, "The world is going to

characters, and when You want to end the play, You will finish it." That is how we should feel. He is the one who is playing with all these things. We are all pawns in His hands. So we should just enjoy the game. I do not think that the end of the world is at hand. It is going to stay many, many thousands of years more. We can sleep safely. Nothing will fall down. There is no particular reason for me to say so, I just feel that it is true. If you insisted that I give a reason, probably I would say that I see more and more people becoming better people, becoming good, wanting to know the truth. Why are all these young

"The consciousness of the people is changing, and they want to know more of the truth; they want to learn to lead better lives."

collapse at any moment." I do not think so. I have confidence in the people who are sowing the seeds of health and happiness, of peace and goodness. This world is going to be filled with better people, people who love each other, care for each other. It is already happening, and all of you are the seeds which will bear that fruit. Today we are asked to lead better lives, to be good people. "Thou shall not lie," "Thou shall not kill," "Thou shall not be selfish." Live up to those commandments. Tomorrow will take care of itself. Worrying about it is only a waste. Who knows, there may not even be a tomorrow, and then what will all that worry have gained? People worry about 1990. Are you sure there will be a 1990? Positively? Today you are sure you are here, so why not enjoy today. Be useful today. Do not expect anything to be eternal. The only thing that is eternal is the consciousness. The consciousness is there in everything, even in an atom. Leave tomorrow to God, the Cosmic Power that created everything. If He has assigned you to take care of something, go, do it. If not, why worry about it. "It is Your business. You created me. You created all the other

people taking such an interest in bettering the world? They could be spending their time in movies, concerts, clubs. Why should they even be questioning everything? The consciousness of the people is changing and they want to know more of the truth, they want to learn how to lead better lives.

Making the World Right

Very often they ask me, "How can the world be saved?" My answer is, first of all by saving yourself; you are a part of the world. Unless and until you do that, you are in no condition to save the rest of the world. Save yourself first, and then save everyone else. Like charity, it begins at home. In a way the outside world is your own making. You create your world. If you are good, the whole world will be good.

To make the world right, each individual should be easeful, peaceful and useful. Find ease and peace in your life, and then others will find a use for you. Think that you are a nice instrument, ready to be used for the good of all. If an instrument wants to perform an operation safely, what should it do? It should first of all get itself sterilized, right? Free itself from any

dangerous viruses, bacteria. Only then is it fit to operate. In the same way, if you want to go and operate on the cancer in the world, you had better become sterilized. Soak yourself in spirit. That is what you call "spirituality." Get rid of all the undesirable things that could worsen the problem. Go as a clean instrument. Then you can really be instrumental in saving the world.

Sometimes people say, "Oh, Swami, where is the time for all that? I have too much cleaning to do. By the time I get myself completely pure there may not even be a world." Don't worry. Take care of

changes and problems. There cannot be one hundred percent peace all over the world at any given moment. It has never happened that way. The world is a kind of factory. There will never be finished cars all over Detroit. Finished cars may come out and go on their way, but there are many more unfinished cars on the line. In the same way, the world is a kind of factory where we learn to find the peace within. If you find the peace within, you will walk in the world peacefully, and those who are ready will recognize that and come to you to find the way. Those who are not ready will not even come to

"A surgeon cannot operate if his or her hand is shaking. First become established in peace yourself, and then operate in the world."

first things first. If you don't have time to do both the inner work and outer work, just concentrate on the inner cleaning for now. Why? If you do not, you are just going to be spreading poison. If there is no time to clean the instrument, it should just sit in the closet and not even go near the operating room. That would be the most useful thing for it to do.

If you become peaceful, you will not be disturbed by the world. I do not say the world will not have problems. There will be disturbances in the world, but you will not be disturbed by them. The world is the world after all. As far as you are concerned, just be peaceful. Then, even if there is restlessness outside, you will be able to see it peacefully and do what you can to help without disturbing your own peace. A surgeon cannot operate if his or her hand is shaking. First become established in peace yourself, and then operate in the world.

Where is that internal peace we speak about? It is within the mind, is it not? The world is your own projection. If you find peace within you, you will see a peaceful world outside. If you find peace, then you will even know the meaning of all these

you. Sometimes they may even laugh at you. Not everybody will have that vision immediately, but everybody will slowly get it in time. All the children will ultimately grow up. The child that is crawling today will be winning the gold medal in the Olympic race of tomorrow. Because I am running in the race today, I should not criticize the crawling baby. Who knows, tomorrow when he is running the race I might even be crawling. So we should just allow them to grow. We do not need to hurry them.

The factory will remain a factory; people will continue to pass through, getting polished. Those who are polished and ready for service will go into the showroom. That is what you call a heaven on earth. The earth is still a factory, but the showroom is a heavenly place where the finished products are. Those who are ready look for their service and are helped to go on their journey. Without that help they cannot reach their destination.

Universal Family

We do not have to look forward to a new age; it is already here. If the vision of the new age is to see more and more people living peacefully, living harmonious-

ly, living lovingly, we are already seeing it. More communities are cropping up, more self-help groups. People are realizing that they cannot help anyone else until they help themselves, and they are recognizing that they are one universal family. It is happening all over. People want to forget the superficial differences and live together, caring and sharing. This is just the beginning.

If the world is filled with suffering and killing and insanity, what else can you do but be compassionate and loving? Do you want to become insane yourself? Do you want to go out and kill? No. At least remove yourself from the insanity, and make the part of the world that you occupy a little more peaceful.

Imagine that you have a huge pile of apples, and you want to change the entire heap into oranges. How would you do it? There is only one way. Take out one apple, put in one orange; take out another apple, put in another orange. One by one, one by one.

name of silence they are shouting. The only way to find at least one corner of the room silent is to shut your own mouth. If each one did that, the goal of silence would be achieved.

If we would enlarge our thinking, if we would go beyond the "mine" and "ours" that limit us, that would really help the world avoid all these calamities. Now is the time. Disarmament conferences are going on everywhere. If we cannot do it today, we are not going to have another opportunity. That will be the end. If a war comes there will be no winner and no loser. There will simply be nobody at all. By our wrong thinking we have brought the world to this level. But that terrible outcome can be averted. It is still in our hands. Spend more time in prayer, send your good wishes to everybody. Prove that you love everybody.

Instead of thinking about enemies and planning war, why don't we stretch out a friendly hand and say, "Forget about all this arguing. I am tired of it; I am sure you

"If a war comes there will be no winner and no loser . . . But that terrible outcome can be averted. It is still in our hands."

You are also a part of this insane world, are you not? In order to correct the world, you must first correct yourself, so that at least that one small part is peaceful. Inspire the next one by your example. By watching you, if he also becomes a little sane, then at least there are two sane people. Two can inspire a third.

It is the same thing with making the world peaceful. Imagine a huge room full of people with everyone talking at once. They are all gossiping, whispering to each other. All of a sudden they all realize that there is too much noise. Immediately everybody says, "Hey, come on, stop that noise! Let's be quiet! Hey, I say be silent!" All at the same time, everybody shouts, "Keep quiet, man!" "I want silence!" Each one says something. Is there silence? In the

are also tired of all these things. Your people want to be peaceful. Our people also want to be peaceful. We have no intention of destroying you. We have no desire to destroy you."

The public is really getting tired of the politicians' peace talks. The more the politicians talk about peace for the whole world, the more the world falls to pieces. How many peace talks have there been? Not even one brought any lasting result. I think it is time for the public to take this matter into their own hands. Write letters to the Soviet Union. Not to the Premier, to anybody. "Anybody in the Soviet Union, I am an American. I love you all. I don't want to hate you anymore. Postmaster General, please send it to anybody in the country." Why not? Perhaps you

don't agree with their way of government or the actions of that government. Fine. Just because you are friendly with someone doesn't mean that you accept everything that person does. Sometimes you even have disagreements with your friends, is it not so?

What do you think the Soviet Union is? It is not a big monster ready to gobble us up. It is people. Families, innocent little babies, sweet children, young people who sing and dance, mothers and fathers who love and support their children. Career people: artists, musicians, athletes, doctors, accountants, farmers, teachers, plumbers, computer programmers. They are just like us. We should let the public

know that it is the politicians, the leaders, who are frightened and mistrusting. We see the people as just like us, we love them. We want to be friends. They have nothing to fear from us. We can even learn from each other. No ideology has worked one hundred percent. The communists could learn something from us, and we could even learn something from them. Without fear, there will be no hatred; and without hatred, there will be peace everywhere.

From Peace is Within Our Reach, by Sri Swami Satchidananda — available from Integral Yoga Publications.

ANNOUNCING . . . NEW RELEASES FROM INTEGRAL YOGA PUBLICATIONS

PEACE IS WITHIN OUR REACH by **Sri Swami Satchidananda**. Sri Gurudev's teachings on world peace, defense, nuclear power, world leaders, friendship among nations, and more. Timely and deeply moving.

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ALL BLESSED WITH PEACE

from the Sutta-Nipata of Lord Buddha


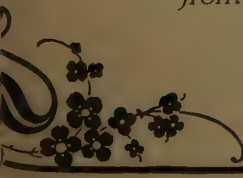
May creatures all abound
in weal and peace; may all
be blessed with peace always;
all creatures weak or strong
all creatures great and small
creatures unseen or seen,
dwelling afar or near,
born or awaiting birth,
— may all be blessed with peace!

Let none cajole or flout
his fellow anywhere;
let none wish others harm
in dudgeon or in hate.

Just as with her own life
a mother shields from hurt
her own, her only child,
let all-embracing thoughts
for all that live be thine,
— an all-embracing love
for all the universe
in all its heights and depths
and breadth, unstinted love,
unmarred by hate within,
not rousing enmity.

So, as you stand or walk,
or sit, or lie, reflect
with all your might on this;
— 'tis deemed a state divine.

*from The Teachings of the Compassionate
Buddha: Edited by E.A. Burtt*



BUILDING BRIDGES OF FRIENDSHIP

by Swami Premananda Ma

This past May, I had the great privilege to accompany Sri Gurudev Swami Sat-chidananda and other delegates from Projects for Planetary Peace on a peace mission to the Soviet Union.

Projects for Planetary Peace is a non-profit research and educational organization dedicated to exploring ways to peace. Dr. Ron Mann is a licensed clinical psychologist and has led many workshops on healing and spiritual awakening. Through his vision Projects for Planetary Peace was designed to benefit the entire world. Its membership and advisory board are international in scope, and in 1984 Sri Gurudev accepted Dr. Mann's invitation to join the Advisory Board.

Also in 1984, Projects for Planetary Peace (3Pi) designed a three-year project aimed toward bringing about greater understanding between the people of North America and the Soviet Union, and toward educating world political leaders about practical and successful solutions for peace and conflict resolution.

Rama Jyothi Vernon (yoga teacher and founder of the California Yoga Teachers Association) shared this vision. She and Dr. Mann joined forces. Together, they established the initial stage of the project as "People for Planetary Peace" — a three-step program meant to lead toward friendship between the great world powers.

During September of 1984 and then

again in early 1985, the 3Pi staff traveled to Finland and the Soviet Union to solidify plans for Phase One of their plan — an International Peace conference for May 1985. The 3Pi staff received a warm reception in Finland, and the arrangements were made for a two day pre-conference session to be held in Helsinki before the delegates entered the Soviet Union.

After several days of negotiation and discussion in Leningrad and Moscow, the Soviet Peace Committee and the Soviet Friendship Society — both of Russia — agreed to co-sponsor the congress. The Soviets then prepared to enroll Russian counterparts equal in position to those individuals 3Pi would bring as delegates from the United States.

On the 20th of October 1984, after returning from the Soviet Union, Dr. Mann and Rama Jyothi Vernon met with fifty FBI agents in the San Francisco office and gave a two-hour presentation about their positive experience in the Soviet Union.

By the end of October, 3Pi began to contact potential citizen diplomats to go to Finland and the Soviet Union in May 1985. Delegates were sought to represent various professional fields, including: business, journalism, clergy, education, media, medicine, political science, arts, and performing arts. Sri Gurudev was asked to be one of the eighty delegates on this important mission of peace.



The Peace Delegation.

"If we really want, we can all be peaceful. Each one of us has the capacity, and the responsibility, to do it. If each person were leading a peaceful life, then wouldn't the whole world be peaceful? Let us start by making our own lives an example."

—Rev. Sri Swami Satchidananda

Sri Gurudev was scheduled to arrive in Helsinki on the 13th of May with all the delegates; but, due to unforeseen weather conditions, his flight to New York was delayed and he was unable to take that flight. The Finnish Yoga Federation had been anticipating Gurudev's arrival on the 13th and were waiting at the airport to greet him. They had planned to have a program with him at the Haikko Manor Hotel where the delegates were staying, and they were all very disappointed to miss him. Quickly Rama Jyothi and Ron arranged for these yoga teachers to meet with the whole group. It turned out to be a very enjoyable and warm welcome for all the delegates.

When Gurudev arrived on the 14th, the President of the Federation, Mr. Arvo Tavi, and Federation member Mr. Takis Alexandrou were waiting at the airport. They warmly received Gurudev on behalf of all the Federation members who were unable to come again to Helsinki (many of them had to drive hundreds of miles). Mr. Tavi presented Gurudev with a beautiful memento — a white satin flag which said "Finnish Yoga Federation" in the Finnish language with the symbol of the Federation on it. The flag was attached to a pole on a marble base that had an inscription reading: "To H.H. Sri Swami Satchidananda in commemoration of his visit to Finland." Mr. Tavi and many of the Federation members look forward to being with Gurudev at the European Yoga Union's conference annually held in Zinal, Switzerland in September.

This two-day stop in Helsinki served to ease the anticipation and was a great opportunity for all the delegates to get to know each other and to focus on a common goal for the trip. As Ron had envisioned, it turned out that although the group was extremely diversified profes-

tionally, it was very cohesive and unified in intention and personal commitment to peace and love as powerful forces that can change the world.

Members of our delegation included several well-known performers — actor Mike Farrell, one of the stars of the television series *M.A.S.H.*; actress Shelly Fabares (Mrs. Mike Farrell), recently of the television series *One Day At A Time*; actor and Self-Realization Fellowship Minister Dennis Weaver, perhaps best known as the star of the *McCloud* series; and performer Gerry Weaver (Mrs. Dennis Weaver); Barbara Marx Hubbard, Vice-Presidential candidate in the 1984 primaries as well as an author and founder of "Committee for the Future"; Patricia Sun, well-known spiritual teacher and healer; and Swami Saraswati Devyashram, spiritual head of the Rajarajeshwari Ashram, were also among the delegates.

On the afternoon of Gurudev's arrival the group went to visit a church with very unique architecture. The Temppeliaukio Church (otherwise referred to as the "Stone Church") is quarried into bedrock, and was built in 1968. It is located near the center of Helsinki. Various kinds of colored formations of rock add to the beauty of the walls. Their surface is brought to life by water running from cracks in the wall face. There Gurudev led a prayer and then the group went on a boat ride to Valhalla, a medieval fortress now a restaurant and museum on an island in the Gulf of Finland. The dinner at Valhalla included an after-dinner talk by Sharon Tennyson, who has led groups of citizen diplomats to the Soviet Union since 1983. This was a good preparation for the first plenary session the following day.

Unity of Purpose

The plenary session opened with a beautiful affirmation led by Phyllis Grimes, a teacher and President of Women of Unity Church. "In our unity of purpose we are guided by infinite wisdom and Divine love."

Michael Killigrew, an artist and former *New York Times* editor who currently directs a Soviet-American children's peace project "Doveletters," gave us an overview of Russian history. Dr. Ron Mann and Rama Jyothi Vernon spoke about their experiences during their several visits to Russia and offered tips for facilitating communication and trust.

That evening a press conference was held for the members of the Finnish press, and this was followed by a banquet for our delegates and the Finnish Peace Society.

Sri Gurudev was asked to give the Invocation:

"First of all I would like to thank you for giving me this privilege and the blessed duty of giving the Invocation for this wonderful occasion.

"I invoke the Supreme Consciousness — which is addressed under various names and recognized under various forms — to bless us, guide us and to give us enough courage to fulfill our part of the mission in bringing peace and joy to the entire world.

"Let us learn to see the unity in diversity. Let us know that the diversity is important and necessary. As we all know, God or the Creation never duplicated anything. Even the modern scientists say that no two snowflakes are exactly the same; no two grains of sand are exactly the same. As such, we are all different — physically, mentally and intellectually. But we are one in Spirit. That Spirit is called the 'Image of God' according to Christians; the 'Atma' according to Hindus, and likewise under various names by various schools of thought.

"So, we are already united in spirit; we do not have to bring that unity anew. It is only a matter of recognizing that unity; and if that is possible, then world peace is achieved.

"But where to begin to experience that Spirit? It begins at home. Unless we raise ourselves to that spiritual level, unless we

identify ourselves to be the Spirit — using these vehicles of body and mind — it is impossible for us to see the same Spirit in everybody and everything.

"It is not only charity that begins at home. Hope begins at home. Love begins at home, and likewise hatred begins at home. Whatever we are, we project, so let it begin in our heart.

"May the Supreme Awareness give us this blessing to guide us to continue to remember this spiritual oneness and let us go with that spiritual feeling, that love, with that peace in mind. As we walk, let others experience that Cosmic love, Supreme peace from us and through us. Let us know that our words have limitations. It is not the words that are going to conquer the world or bring unity; it is the heart. Let it come from the heart.

"With this wish, let me say thank you again for this privilege. Om Shanthi."

Dr. Ole Wasz Hockert, M.D., the founder of International Physicians for the Prevention of Nuclear War, gave the keynote speech. Dr. Hockert told the group: "Having read about you [delegates] and now this evening having met you, I do regret that I couldn't accept Ron's suggestion that I travel with you to the Soviet Union. [Dr. Hockert had prior schedule commitments.]

"People like myself have spent five years in a war. Having been in the front lines as a battalion doctor, I know exactly what the 'old fashioned' war does to you.

"Now, in this new position [peace activist] I am moving around with my fellow veterans, and they feel exactly the same. That means: No more wars for our children and for our grandchildren!

"Here in Finland, a lot of work is done on the political level, in the Parliament, among the diplomats, among the peace scientists, toward peace efforts. It is right that we are marching for peace. That is why it is so important what you are doing.

"I think that it is important when you go to the Soviet Union, that you know as much as possible about their history. When you speak to them about peace, remember that they will always tell you that they lost twenty million people in World War II.

"If you look back in your history, according to official figures from Washington, during all the history of the United States you have lost one million people in wars.

"So there is a difference. You have never had a war on your own soil. Remember that the Germans went close to Moscow. So I feel at least, that the people, real people, really do not want war. What they do want is more consumer goods, more contact with the West and so on. That is why I am sure that the contact which you are building up is the right thing.

"I think that if you go with a liberal attitude and open mind toward your host country, that you will build up a dialogue and something positive for the future. I do hope you have a very successful trip. Thank you."

Dennis Weaver was asked to give the meal blessing.

"It's a great humbling experience and a great honor for me to be in the company of such concerned, dedicated people for such an extremely worthwhile cause; perhaps, in my view at least, the most important issue we face today is to prevent the destruction of humanity and the world.

"There are no words that will create peace. Words can inspire us to take the actions that will create peace. That's one reason why I feel so privileged to be among you. Because you have chosen, and we do have that choice, to take the actions to create peace. People all over the world, as individuals, have to take the action to create peace.

"Now let me try and bless the food:

"Beloved Spirit, we ask Thee to bless



Helsinki — Patricia Sun, Dr. Ron Mann, Sri Gurudev, Barbara Marx Hubbard.

this food and to purify it; to make it wholesome so that we can gain strength in body, mind and spirit for the purpose of doing Thy work; for the purpose of bringing peace on this earth . . . "

After dinner Barbara Marx Hubbard addressed the Banquet.

"One of the key uniting elements on the planet Earth today is the awareness, at the root of every culture, of vision; a dream that is yet to be fulfilled. And it is the same dream we all share. A dream of a human race, not simply at peace, but a human race at a new stage of being in which we are beyond separation, beyond scarcity, beyond fear.

"I decided to run for the Vice-Presidency to put forward an idea that is now taking root in different ways. The idea that I ran on was that the Vice-Presidency should create a new social function in the White House. I called that function an 'Office for the Future' and a 'Peace Room.'

"In the Peace Room we would net all the forces of creativity and plan how to achieve victories over the enemies of

hunger, disease, illiteracy, violence and war itself. This Office and Peace Room would represent the actualization of the potentials to fulfill the dream.

"What attracted me to coming on this trip with this particular group was to be with people of similar mind. We represent, I think, the next stage of evolution; and on this trip, one of the opportunities we have is to hold our consciousness at the highest level of which we are capable."

Michale Gabriel, a professional storyteller from Washington State, captivated us with stories she told to Soviet schoolchildren in 1984. They were truly messages of the heart.

16 May — To Leningrad

Just prior to our departure in the morning from Helsinki for the Soviet Union, Gurudev spontaneously addressed the group saying: "Before we leave for the U.S.S.R. I would like to say something. I feel our goal on this journey may be summarized in three words: Trust, Friendship, Love.

“We are going to Russia for that purpose. Sightseeing, eating, visiting places are all secondary. Let us not jeopardize our primary purpose for anything else.

“It is mainly due to the lack of trust that we face the problems we have with the Soviets. So let us go in trust, friendship and love. That is my sincere wish and prayer for us all. Thank you.”

We departed for Leningrad by train. There was a great buildup of anticipation, during the eight-hour train ride, that all the delegates seemed to share. Ron Mann spoke with several of the delegates. He asked Dennis Weaver how he was feeling about going to Russia and how his participation on this trip related to his spiritual ministry.

Mr. Weaver replied, “I’m looking forward to Russia. I certainly hope that this trip puts the light to all my prejudices, my fears, my preconceived ideas about Russia and Russian people.

“I think it will because I know that people everywhere, underneath the facade, are all the same. We all have the same nature, the same desire to be fulfilled and satisfied and to live a peaceful life.

“I have been a student of Paramahansa Yogananda for twenty-seven years. Without that background I really don’t think I’d be here with this group. When one is following a spiritual path you feel a need to bring a peaceful environment to this world; an environment of love. You feel it necessary to try to help and serve others because that’s the whole key to this life. I think service is principally what life should be about.

“When you get a taste of the presence of God within you and when you have that conscious communion or taste, you want to serve it because it is so fulfilling and so satisfying. Its nature [the Divine] is peace and joy and love. When you feel that, you want to give it. That’s just the spiritual law. You can’t feel it without wanting to share it with somebody else. It obviously has been a great motivator in

what I’m doing in my life and on this trip.”

David Thompson, Ph.D. (Professor Emeritus in the Department of Industrial Engineering, Stanford University), was asked what his experience had been like so far. “I’ve already been very moved by the trip. My life has changed even if nothing else happens. The experiences I’ve had so far, the sharings and the tremendous quality of this group have really touched me. We’re off to a great start!”

Ron asked actor Mike Farrell if he had any personal goals for this trip. Mr. Farrell replied, “My work is trying to facilitate communication. I think that what needs to happen is that people need to understand. It’s not that we’re right and they are wrong or they are right and we are wrong. A little of that may be true on both sides. But if we, as American citizens, can begin to understand our own value and come from our own principles as a society and as human beings, I think people respond generally positively to that.

“I think it becomes problematic when we come from a position of “We’re right” or they come from that position. Communication just stops.

“People often ask me why I’m doing all this. I was fortunate to be part of a TV series that was very popular, and that has given me sort of an ambassadorial opportunity. I got to travel around and speak to people. I believe very strongly in citizen participation in the operation and value formation of our country and, I think, the world. I also do it so I can feel good about my life and so that my kids can grow up in a healthy, sane world. At least that’s the dream; that’s the hope. And it seems to me very attainable.”

After a few hours, the train stopped at Vainikkala, the last station in Finland. We had about twenty minutes here, and Gurudev was deciding whether to go outside or not. He thought for a moment and then opened the curtain of his compartment to look outside. At that moment

he saw a familiar and smiling face. Maire Paarmo, a devotee who lives near Vainikkala had heard that Gurudev was coming to Finland and that the train would stop at Vainikkala. She didn't know how she would find Gurudev's compartment (there were many, many cars and compartments) and was ready to hand over a letter she had written to him to anyone who spoke English and might have seen Gurudev! After presenting him with flowers and her letter in person, Maire explained, "I didn't know how or if I would find you, Swamiji! But when I saw the train arrive, I prayed that I would find you. Just at that moment something told me to walk toward this end of the train [pointing to the car where Gurudev was] and just as I walked there, you opened your curtain!"

At Vainikkala, the last stop before the Russian border, the Finnish train engine was taken out, a Soviet engine took over, and we sped off toward Leningrad.

We had been warned that after about four hours we would stop at a station, and the Soviet immigration and customs officials would board the train. We were told that they would search for religious materials (or other "propaganda"), electronic items, and other things that foreigners often try to smuggle in and sell for high prices to the Soviets. What actually happened was that customs proceeded very smoothly. What the government objects to is not religious material *per se* but bringing it in in bulk for the purpose of propaganda. You are free to bring your own personal religious books and materials.

We were all glad to learn that the government is not *against* religion. What we found out was that everyone is free to believe in God or not to believe. Everyone is free to practice or not practice. But what the government does not approve of is the active conversion of people or active denouncement of religion. You can be arrested for either.

We arrived in Lenigrad in the early evening and got settled into the Hotel Pulkovskaya, a large first class hotel. It was very nice, clean and with most of the modern conveniences yet not overly luxurious.

We got settled into our rooms, had dinner and a good night's sleep. The next morning we all ate breakfast together. The food in the Soviet Union was a bit difficult for the vegetarians in the group to adjust to. During the winter and early spring there is not much fresh fruit or vegetables. It's a mainly meat or fish and potatoes diet for the Russians. We managed as best we could and did enjoy the lovely brown breads and delicious ice cream which the Russians are experts in making.

War Is Senseless

We were all very anxious to get out into the city and experience Russia for ourselves. We began with a bus tour of the city which included a stop to view the beautiful St. Isaac's Cathedral. St. Isaac's was once a functioning Russian Orthodox Church, but due to its size and financial difficulties in maintaining it properly, it is now a museum containing some of the most breathtaking religious art and mosaics we had ever seen. Gurudev especially admired the large gold domes of the Cathedral.

After a bit more sightseeing, the group was split into smaller groups and our "clergy" group went to visit the Russian Orthodox Seminary.

When we arrived at the Seminary, we again noticed how many preconceived notions we had about the practice of religion in the U.S.S.R. We were delighted to see this seminary as filled with activity as any seminary you would find in the U.S. In fact, students from all over the world come to study here.

We were given a tour of the Seminary; and again the religious art, gold and silver icons in their chapel were just breathtak-

ing. The priest spoke to us about the main icon — the Blessed Virgin — which was in the chapel. He explained that in the last century there was a terrible epidemic of cholera in Russia, and many, many people died. In the village where this icon was, the people carried the icon and prayed to the Blessed Virgin, and absolutely no one in the village was affected by cholera. This was only one of the many miracles associated with the icon.

We had visited the Seminary library and viewed the ancient manuscripts kept there, including the original writings of Maxim the Greek.

We had a chance to speak informally with one of the priests who gave us a tour. Toward the end of the meeting, the priest spoke very frankly to us saying: "I think that peace is the main goal for any person practicing any religion. At our church, we hold inter-religious conferences. The Russian Orthodox Church takes part in the ecumenical movement very actively. This is a country of many nationalities and many religions. So the inter-religious movement is being developed more now. For example, at this Academy we recently had a theological discussion between the Christians and Moslems.

"Three of our conferences were very important. One of them was dedicated to the nuclear freeze and another was dedicated to the question of nuclear winter. Scientists stated that just a few nuclear explosions are enough to change the climate to such a large extent that in one or two years all life on earth would cease.

"That is why any war now is senseless. In such a war there would be a threat of nuclear war and there will be no winners and no losers. That is why for all religious people and for any reasonable person — a person with heart — it must be absolutely evident that war is just like committing suicide. Everybody has to realize that and everybody must fight against war.

"There are powers, there is propaganda, there is biased attitude of people

toward people, stereotypes of people; and usually they are wrong. That is why the main thing we have to do is to influence each other individually not through the newspapers and propaganda, but through personal contact."

"That is why we are here," we all said, practically in unison!

We ended the meeting by standing together, holding hands and praying for world peace.

Tell Them We Want Peace

On the morning of May 18th we arrived at the Leningrad Peace and Friendship Societies' building. A program had been arranged for us which included a film and talk to familiarize us more with the history of Russia and, in particular, Leningrad.

Already we began to note a feeling that was to become a major theme during our trip — the emphasis by the Soviet people on the devastation that they had suffered during the Second World War. I don't think that most of us realized the effect of this war on the Russians. Almost everyone we met had lost someone from their family. Almost every single person vividly remembered the pain, grief and losses sustained during this war. This makes the people extremely committed to world peace in an almost deeper and more personal way than we in America who have never suffered the agony of a war on our own shores.

One of the many vivid examples was when a young man, whom several of our members had met at a church, asked if he could come to our hotel and say a few words to our group just before we left for Moscow. Everyone readily agreed to listen. He said:

"You will go to Moscow. You will see many Russian people. Tell them, if possible that you want peace and that nobody wants war. All the Leningrad people don't want war and all the Leningrad people will support you in this deal. You

do important work. Tell your American people that we don't want war."

He received a standing ovation from our group.

Ron Mann spoke to this point during our meeting at the Peace Society. "I was given an experience last night in my room that I think was given for today. I was sitting quietly, feeling a tremendous pain in my chest and I began to feel the grief that is held in the heart of Leningrad, all the sorrows that have resulted from the War. I began to sob and for half an hour I cried like an innocent child. I asked myself how we could do this [wage war] to each other.

"We as a human species can rise above the past — our hurt, our misunderstanding, and our sorrow — to build a new world filled with hope that we can wake up each day and see the sun rise and see our children grow up strong and healthy."

Ron then introduced Barbara Marx Hubbard who spoke on behalf of our delegation. "We know that our experience as people has been different. But the vision we hold is the same. If both of our peoples could unite to fulfill the common dream, we could build together new worlds on this Earth. We could cooperate with other people and be at the next stage of evolution.

"Eighty percent of the American public is for peace and arms control. There is a vast and passionate peace movement in our country like in yours."

Barbara also spoke about the concept of the "Peace Room" and suggested a "Peace Room" be established in the Soviet Union so "we may join together to build a positive future for humanity."

After the Peace Committee welcomed us, Rama Jyothi introduced our delegation. "Our delegates from America have traveled 10,000 miles of *Mir* and *Drushba* (peace and friendship). As a symbol of our gratitude we would like to present a gift to the Soviet Peace Committee which is a symbol of the joining of our two countries: a flag of our two flags designed by

Michael Killigrew."

Michael then explained the symbolism of the design: "An eternal love knot of friendship joins the flags of the U.S.S.R. and the U.S.A. to be a symbol of our common heritage. A dove of peace flies above the flags, bringing the hope of peace.

"This gift is a symbol of a friendship for which our presence among you here is a real expression. We hope that as our people are friends, our governments will act according to the words of your former President Brezhnev when he spoke privately to our former President Ford at the end of the talks at Vladivostok. Nobody heard but the chauffeur who was the translator. President Brezhnev put his hand on President Ford's hand and with tears in his eyes said, 'What happened in the War must never, never, never happen between our two countries.'" Everyone applauded.

Phyllis Grimes presented a gift of handmade dolls, saying:

"These dolls are a universal symbol of childlike innocence. We offer them to you as a gift to express our love and friendship."

Althya Youngman, founder of "Artists Embassy International" presented drawings by children explaining: "These drawings are a gift from our children to the children of the U.S.S.R. They are children's expressions of peace. The children are the ones who will build this wonderful new world we all are going to share".

The Peace Committee presented our delegation with a gift of a book about Leningrad. We then formed smaller groups meeting with Soviet "counterparts." This was what many of the delegates had been waiting for: the opportunity to meet one-on-one with Soviet people who were their counterparts professionally, with a hope to get greater insight into Soviet life.

Dr. William Mitchell, a naturopathic physician from our delegation was able to



Archpriest Adrian Dolzhikov and Sri Gurudev enjoy a warm exchange.

meet with two physicians from Leningrad who were fascinated to hear about alternatives to allopathic medicine being practiced in the U.S.A. They had the chance to exchange ideas about the latest developments in their fields, and as in the other groups (performing artists, health educators, journalists, etc.), after a while they began to experience one another on a very personal and human level. They discussed their families, their lives, and what was important to them.

There were discussions that sometimes touched on delicate issues but these interchanges were always frank and led to deeper communication.

In the Women's Committee group, our delegate Millie Stultz (a yoga teacher) asked about the role and status of women in the U.S.S.R.

In the clergy group, Sri Gurudev brought up a point about "adversities as blessings in disguise." Archpriest Adrian Dolzhikov, a Russian Orthodox priest asked Gurudev to clarify this point in reference to the War. "Do you mean to say that the

last World War was a blessing?" Gurudev replied, "It is not that I am saying that we want war or war in itself is a blessing. You were telling us that since the war more people have come to the Church than before the war. So in that way, isn't it a blessing? The Archpriest nodded his head in understanding.

After Gurudev said that war may be a blessing in disguise, the translator got upset. She didn't even want to translate this. She asked Gurudev, "How can you say it is a blessing. We don't believe in blessings like this or God!" (She was an atheist or 'non-believer' as they say there.)

Gurudev asked her, "What is it that you don't believe in as a non-believer?" She couldn't answer. Gurudev said, "okay, I will answer. You may not believe in the labels, rituals, churches. But don't you believe people should love each other, be friendly, care and share?"

"Yes," she replied.

"Well, that is the basic principle in any religion. You don't believe in the superficial things that divide people but you

believe in the essential principles." Gurudev explained.

The translator agreed, "Yes, I believe in that."

The priest then told Gurudev, "We never could have answered this way to the non-believers!" He was obviously very pleased and happy in hearing Gurudev's explanation to the translator.

Later Gurudev commented, "True religion is the best communism because we should have equal opportunities; we are all comrades. Real religion says that nothing belongs to the individual. You don't bring anything with you and you don't go taking anything with you; everything is God-given. That means it belongs to no one person and everything God-given should be shared for the common welfare."

At the end of this session, the clergy all held hands, and Archpriest Adrian said the following:

"For those who think of us, we shall think of them with love always. Please take our message to your families and to your friends: Let the skies be always blue and peaceful. Let war never come to our earth. Let our lives be always happy. Let us spend efforts and money for traveling and not for arms. We are all on the same planet; we have the same sky and we share the same home. If it is the same home which we inhabit, then we must stay friends and we have to cooperate; as we say, 'to feel the elbow of the neighbor.' The time for love and understanding has come; the time for Supreme Love — to God and to all people.

"As the Russians always say: 'Welcome to our country, welcome to our home.'"

Sri Gurudev replied on behalf of our group: "You are always welcome to our home."

On the morning of the 19th, we visited The Hermitage — a large art museum similar to the Paris Louvre. It is filled with some of the most beautiful art pieces in the world. Original works of art from the

greatest artists including Italian Renaissance masters and French Impressionists. The collection comes mainly from Catherine the Great's private art collection. She purchased millions of dollars of masterpieces for which she then built a palace. During the Second World War a large effort was made to carefully remove all of the most important pieces from The Hermitage and take them out of the city.

The religious art work is splendid with hundreds of masterpieces. They say that you could spend days, perhaps weeks, inside The Hermitage and possibly not see all the exhibits.

Time to Hug and Kiss

We were to visit a Russian Orthodox Church and were told that the service lasts for two to three hours, that there are no seats and everyone stands throughout the service.

Just before we entered the church, we had our first real experience of the 'babushkas.' These are the older ladies who wear the colorful kerchiefs on their heads. They all looked at us with great curiosity, and we returned the same curiosity and anticipation. The minute we stepped into the church, I think most of us experienced a great "merging" with these dear babushkas. We entered what seemed to be a mystical realm, similar to entering a Hindu temple for the first time with all the sights and smells so foreign and yet so entrancing. The church is lit only by candlelight, and most of the candles surround beautiful icons which seemed to me like the dieties in a Hindu temple. The ritual appears to be that the worshippers (mostly babushkas) enter the church and go toward their favorite icon or beloved corner of the church, light candles and then kiss the icons.

We were all ushered up near the High Altar, which was behind doors. Just before it the priest stood and conducted a service which was mostly sung in Russian. It used to be that the services were only

performed in Latin; that posed quite a problem for the worshippers who could not follow the service at all. It must have been quite a boon when it was changed over, and now hundreds of sweet voices join the priest in singing the service.

Tears flowed from most of our eyes as we listened to the service and watched the devotion in the faces of those worshipping. The babushkas were continually genuflecting and bowing toward the altar. The vibration was immensely powerful. At one point I, who didn't consider myself a "natural meditator," found myself putting aside the video camera, being totally transported into an indrawn and meditative state.

Communion doesn't seem to be celebrated — or perhaps just not at this particular service — but the priest held a gold Cross which he held out toward the worshippers, and one by one each kissed the Cross. We were deeply touched when he brought the Cross to each of us and allowed us to join this sacred ritual.

The babushkas, seeing how moved we were by the service and their devotion, reached out to us, offering a hand to shake, a large smile and sometimes kisses on the cheek. Several babushkas were embracing Barbara Hubbard, who so touched by the service, was sobbing.

Overcome by emotion at the great piety of the people (as opposed to what many of us had been led to believe: that the Soviets are all atheists or non-believers), our obviously moved and tearful group was led upstairs for a private chat with the priest.

Althya Youngman had made a friend too, and they were exchanging embraces, handshakes and communicating enthusiastically through sign language.

After we were upstairs, Gurudev spoke on behalf of the group, explaining to the priest, "We came to see and have a personal experience in the Soviet Union. So far we have seen nothing but friendliness, love and harmony.

"We really feel very much at home here. When we go back, this is what we are going to tell our American friends. I am sure there will be many, many hundreds of thousands of Americans to come here and see you all. The same way, we wish that hundreds and thousands of Russian brothers and sisters would come there to America. Because it is time for us to be together, to hug and kiss!"

A spontaneous chorus of the "One World Anthem" broke out among our members and thrilled the priest and church officials.

As we left and were about to board the bus back to the hotel, many of the babushkas surrounded Gurudev, wanting to shake his hand and seeking his blessings.

A truly heart-and-soul warming experience!

20 May

This was our last day in Leningrad and we had the day mainly free to do more sightseeing, shopping, exploring, and to re-meet new friends made during the past few days.

That evening, before we were to take an overnight train to Moscow, our delegates attended a plenary session during which they had the opportunity to share their personal reflections and experiences.

The feeling was so positive about the "Soviet experience." Lynda Edquist, co-founder of a medical clinic in Virginia, spoke about an outing to a Russian nightclub. She explained how lively the club was with music and dancing and how the Russians have a wonderful time dancing together. Men will dance with women and then women with women and men with men. They welcomed Lynda and several others from our group, and they all enjoyed dancing together. "It was like one big family reunion, as if everyone were related!" Lynda told us.

Several people spoke about riding the Metro (the very clean and efficient subway system) and starting up conversa-

tions with Russians by way of sign language or exchange of gifts. Often one of our members would offer one of the buttons we had brought along (a picture of hands shaking and the words: U.S.A. — U.S.S.R.) to a Russian person on the street or Metro, and this would automatically be met with a smiling face, handshakes and a button (usually commemorating the end of WW II) offered back as a gift to us.

Gurudev spoke about his experience at the Russian Orthodox Church: "I can't speak a word of Russian. I am trying to just remember the word for 'thank you' [*spaseebah*]. I try and think of the word 'placebo' to help me remember it! But yesterday, when we visited the Russian Orthodox Church, I just used sign language and they understood. The priest came up to me and said, 'Orthodox?' or something like that, and I just nodded my head and said, 'Yes, I am Orthodox.' Then they took me in right away into the back room and offered me a seat. I had been prepared to stand through the whole service because we were told that that is the custom. But while you were all standing there I was sitting comfortably in the inner chamber! I don't know what made them feel I would be more comfortable sitting, but the priest brought a chair there and motioned to me to sit in it. Even when I shook my head indicating that it wasn't really necessary, they still continued to motion to me to sit. Not even a word was exchanged!

"I sat there in the inner chamber. Then when the door opened and the priest came in to do some service, I stood up for about ten minutes. As soon as the inner service was over, the priest came over and literally pushed me into the seat and made me sit. I felt so comfortable and at home there.

"So what I say is, you don't have to know a word of Russian; simply open your heart. The heart speaks. Let there be a heart language. All we have to constant-

ly convey is 'We trust you.' Just say, 'We love you, we trust you' and that is enough. There is every reason for them not to trust us. And don't forget that. Because they have suffered enough, and they have been told that we are ready to get at them, that we are doing everything to create another war. So they are really afraid. We have to eliminate that fear from their hearts. That could be a good beginning. As Dennis [Weaver] said, we are not going to change the whole thing, but change comes by drops. Drops make oceans! If this group can at least remove a little of this fear, then we have really achieved something beautiful, and that will quickly spread. We have that capacity. Every one of you has it.

"Many have told me that they themselves never ever planned to come to the Soviet Union. They never believed they would come here. So who planned this? Some unseen hand thought it was the time now, and that this group should go and do something. Otherwise we wouldn't be here today. So don't take it lightly that we have come here or don't feel we are not really achieving much. We are achieving something; there is no doubt about it. Let's have that confidence and keep doing more.

"Moscow is the next stop. Let's go there and win over their hearts!" (Applause and cheers.)

21 May — Moscow

After a comfortable overnight train ride, we arrived about 7 a.m. in Moscow. We were taken to the Hotel Cosmos where we freshened up, had breakfast and then went on a tour of the city.

It was starting to rain and was fairly foggy and misty. We found out that on about 200 days of the year it either rains or snows in Russia. We were very lucky that this was our first day of rain so far during the trip.

That afternoon we went to the Soviet



Moscow — near the Kremlin.

Peace Committee's Moscow branch for another session and meeting with counterparts. We were warmly welcomed by Dr. Masevitch, the Committee Director. Michael Killigrew presented the "Peace Flag" and related a personal experience he had had in Leningrad. "I attended a gathering of Soviet veterans of the Second World War. The old men with their badges and decorations were there along with their wives. I felt personally very touched to see them there because my own first memories are of that War.

"I was born in Nazi-occupied Holland and remember the SD taking my mother off for questioning and the Waffen SS taking over my grandfather's house. But not being able to speak Russian I didn't know how to express my feelings to these men. So I went up to one of them and touched the medals on his chest and said, '*Spaseebah. Bolshoi spaseebah* [Thank you very much].'

"Soon we were all together in a group, and he asked his daughter and granddaughter to join us for a photograph. I pointed to his granddaughter and indicated that I had five children. I saw a woman standing among the people and she was watching us and weeping. We went over to her and hugged her and she said over and over, '*Mir, mir, mir* [peace].'"

Next, Susan Tereba presented the picture she had drawn and that all of us had signed. She described the drawing: "I have used a lot of symbols. The hands represent all of us. There are animal, mineral and plant symbols representing the Earth. It is our responsibility to take care of and nurture the Earth. The lotus, representing the plant world, is a symbol of our consciousness. To save the world we must raise our consciousness. The crystal, representing the mineral world, has healing qualities. The horse, representing animals, is leaping off the hands and starting to run. That is what we have to do, to take action toward peace and run toward

the goal. The bird and rays of light at the top of the picture symbolize the hope that keeps us going."

The small group discussions seemed more in-depth and intense this round, perhaps because this was the meeting we had all looked forward to, Moscow being the central office of the Soviet Peace Committee.

Dr. Olga Arsalan, a Professor of Language, who has worked for many years on the Peace Committee met with our delegates who were educators. She told them: "I think that really people don't want war and especially our people.

"Recently we observed a minute of silence on the 9th of May for the 40th anniversary of the end of the War. I wrote a letter to our central newspaper about how our family observed the minute of silence. First of all we put the photo of my husband, who was killed in the war, on the table and decorated it with flowers. Then I put all the small pieces of things which are left after him. We all read his letters together and we showed his photos. Then for ten minutes we stood when the eternal flame was shown on TV. We stood and listened to the very touching words about the victims of the war. We had tears in our eyes because we can't forget them and we don't want war at all because of our personal losses which we have experienced.

"My granddaughter was involved in a very good competition for the World Festival held in our country. All the children were given the task of drawing a picture. She painted, to my mind, a very good emblem. She painted the world and a woman holding the world in her hands. You see in the globe seas and mountains and children playing. Then she wrote above, '*No to World Holocaust*.' In the middle there are dancing children and the sun. It looks very nice. She will probably get some prize for that. So you can see they [the children] understand the threat of war and have the desire to avert it."

Ron Mann addressed the largest of the "small groups" — the International Relations group — on the theme of "where do we go from here." His idea was to get affirmations from the counterparts in support of 3PI's proposals for continued exchange and positive action on both sides.

"The suggestion that I gave to the Peace Committee and Friendship Society in Leningrad is as follows: The next phase is to bring a smaller delegation so we can have more time. We will include some people from the government, political leaders who are in the position of making decisions. We want to bring that delegation here maybe in January [1986] to have more discussions and to have someone from the Soviet political system to be a part. It would be a little, beginning step toward bringing the political people of both countries together in an atmosphere of human understanding.

"The Peace Committee has already asked us to sponsor a delegation from here to the United States and we are going to do this. One of the ideas is to have a three-day peace conference in a private, secluded spot in Carmel, California, where we can all live together and have in-depth discussions and create the possibility of having a way to understand each other as people. This will be shared, I think, directly by all the participants. We'll also set up the opportunity for all the delegates to be on television, to speak to the people in the United States, to speak to the people from the radio and to have conferences.

"If this works, step-by-step we will be building trust that shows we can come together in a mutually supportive way. At some point we would bring a delegation of political people. We would bring five or ten political people from the U.S.A. and five or ten political people from the U.S.S.R. together in the kind of atmosphere we have here — one that is not so politicized so that people don't have to present their differences. We know what

the differences are, and it's time to find out the commonality and to realize, as you say, either we live together or we die together. That's my proposal and I'm asking for your help." There was a very positive response to Ron's proposal, and plans are already underway for these continued exchanges.

Mr. Boyd Willat (President of Harper House, California) addressed the group saying: "There is a key here that can definitely open up the lock for trust, communication and commonality between the people of the U.S. and the people of the Soviet Union. There is that key and if we had one objective, it would be to find that key. Communication is the answer; to see eye to eye and trust each other. I would make my dedication to finding that key and commonality between us. I believe it's there.

"Now that I have been to Russia, now that I have had a chance to see the people, to experience the people and to cry with the people, I know it's here — we must find it quickly."

One of the Soviet Peace Committee members gave this response: "This is perhaps a long process though I hope for better. In one meeting it is difficult to solve the problems. Each step in this direction, each meeting is very important because it is pushing us closer to our final goal.

"Sometimes it may look like it is futile, but it's not. We met each other and we are at the beginning of a very complicated but worthwhile process."

All the Committee members explained to us how very happy they were to receive our friendship and enthusiasm. It seemed especially encouraging to them during this period of time which they refer to as "a very cold relationship between our countries." They told us: "The Soviet people are always ready to respond to this good will."

There was some discussion on the topic of a "People's Treaty." The Committee's reaction was interesting. They said: "This

is an excellent idea." However, they were hesitant to adopt any resolution or sign any document without knowing for certain that the U.S. would back it up. They explained why:

"The [nuclear] freeze movement started in America in the early '80s. At that time many people traveled here to convince us to support the freeze — Daniel Ellsberg, the Council of Churches, and so on. Finally the Committee agreed to support the freeze movement in the United States, and we made a public statement. This was not easy for us to do because this was the period of the SALT II agreements. Two years later the Soviet government officially took the position of the freeze in our message to the Second Special Session of the U.N. But what happened? The American nuclear freeze movement kept silent about the position of the Soviet Peace Committee and Government.

"Then again people came and asked us. We said that we already support the freeze, what do you want us to do! They told us, "Well, if we recognize the Soviet Peace Movement's support of the freeze, we will be accused as unpatriotic or as your agents."

"So that is why we feel cautious about treaties. Let's try, but see the support you get in the United States first. Let's explore all the aspects. You can be sure that such a treaty will be supported by the Soviet public opinion. I can guarantee it. The problem is mass support in the U.S."

There was a suggestion by our delegates that we draft a statement of shared goals and values and that this would be safe and acceptable and could build the groundwork for a public treaty.

Learn From Everyone

With the weather much more bright on May 22, we had another chance to catch a glimpse of the city by bus and then were taken to the Kremlin. We didn't have any "high level" talks here but we did enjoy seeing the beautiful cathedrals there

that are filled with magnificent icons and paintings.

We also met some of the New Delhi TV newsmen covering Prime Minister Rajiv Gandhi's visit [Mr. Gandhi was in Moscow during this time]. The newsmen were very interested to meet Gurudev and wanted their picture taken with him.

After lunch, we went to visit the "Pioneer Palace" which is a special school where all the Russian children come after their regular school day ends. They can choose any hobby, craft, etc. to study. Then each day they spend a few hours at this "hobby school."

The school officials very graciously greeted us and had arranged for the children to show us some of the artistic skills they were developing. We saw an arts and crafts exhibit, and then several groups of children performed various dances. These included Russian dances and even some Oriental dances they had learned. Gurudev especially enjoyed the performance by twin girls who danced with puppet-like movements in their "Marionette Dance."

Three young teenage boys and two girls were part of a band that was becoming very popular in the school and performing around the town. They played several songs with great concentration and seriousness. All of a sudden they were having trouble concealing smiles and giggles. We turned around to see our own Patch Adams, dancing with the cloak room lady!

Patch, who is a medical doctor and director of a medical clinic in Virginia, is also a clown (or should I say that he believes "laughter is the best medicine"). Patch brought with him various clown outfits and all sizes and shapes of funny noses that one could wear by means of an elastic string. Whatever situation we were in, Patch was always able to break the ice with his "Nasal Diplomacy" (as he calls it), and we found that humor was a very good "nose in the door." It put everyone very quickly at ease — truly a universal

language!

Very soon Patch was getting everyone up and dancing. The whole atmosphere became very relaxed and spontaneous, and the kids seemed thrilled by all the fun. We asked them to pick out a song which was a popular song of the day. It brought out the very best and funniest side of the kids, especially the lead singer who made all of the appropriate facial expressions and gestures of the main characters of this song — two neighbors arguing about a party that was too loud.

We all had our photos taken with the kids and gave them buttons, tee shirts, chewing gum (a favorite of all kids in Russia) and, of course, noses!

Later that evening, Gurudev took a walk outside. It doesn't get dark until 10:30 or 11 at night. He enjoyed viewing the Space Monument, from all angles. It is a very, very tall monument with a rocket at the very top. Carved into the base of the monument is the history of the development of the Soviet space program.

Gurudev then walked toward a very large park with a huge archway. We could not figure out what there was beyond the arch though we could see large buildings — perhaps a museum? We finally found someone who spoke a few words of English who said there were large fountains in the area. Gurudev decided to explore and found one fountain that is the largest I ever saw. In the center were twelve female figures all in bronze, dressed differently and surrounded by golden dolphins and fish from whose mouth water flowed. Later we found out that this whole complex is the permanent exhibition area for the technological achievements of the U.S.S.R. The fountain symbolizes the twelve countries making up the U.S.S.R.

On the way back to the Hotel Gurudev suddenly stopped, looked around and said: "It is after eleven o'clock at night. We are in the middle of a park. Do you see

one drug addict, one drunkard? It is perfectly safe to be on the streets after dark."

Gurudev commented further on the Soviet culture. He said that although life in the Soviet Union is without "freedom" as we think of it, there are good things there too. He spoke about the fact that many Americans abuse the precious freedom which they have. In America, we have the beautiful freedoms of speech, of religion and so on; but we also seem to have the freedom to abuse alcohol, drugs, commit crimes, abuse innocent children. "When we abuse our freedom, we create so many problems. It is not safe to walk on the streets at night in America. Here, we see how pleasant it is to walk at night without fear . . . In America we have more luxuries, but instead of using them properly, we let those luxuries create more problems for us. We should be able to lead simple, contented lives . . . We in America get spoiled by luxuries; we begin to think our wants are really our needs. We have a lot to learn from the Soviet people. I *don't* mean that we should become communists, but we should be open enough to see the good things in every culture and learn from that. They could learn many good things from us too. We shouldn't simply condemn a culture because it is different from ours."

Transcend Limitations

Again we were fortunate to have a sunny day on the 23rd and so opted to go on a boat ride. It was a beautiful ride and view of the city by the waterway.

We had been invited to attend a special Ascension Day service that evening at the Moscow Baptist Church. This was the church which sponsored the Reverend Billy Graham's recent tour.

The Pastor of the Evangelical Christian Baptists, the Reverend Vasilii Logvinenko and Dr. Orlov, President of the Church, warmly received our group. The church officials had prepared cookies and beverages for us, so before the service



Sri Gurudev addresses the congregation of the Moscow Baptist Church.

we sat and talked informally with them. Phyllis Grimes presented a collection of dolls as our gift, each doll bearing a message of peace. We were then led up into the balcony of the Church which was filled on both levels with worshippers.

I was wondering if I could, and how I would, do any video taping here. I was amazed and delighted to find several of the women, sensing my plight and with hand signals only, guiding me to the choir area, which gave a wonderful view of the pulpit and lower level of the Church. It was here I would get some of the finest footage of the trip.

The church service began with the choir singing. Then Dr. Orlov introduced our delegation. He said, "There on the balcony, occupying the front two rows are our visitors. You have already been introduced to them but it was a very short introduction.

"We know that they are very good people. They have come from the United

States and other places. They are representative of different religious groups. All of them love the Lord. The other thing they have in common is that they all love peace. This organization is an International Congress for Peace. The representatives are convinced that each person can contribute something for peace. This is important. If many people could be like them, then peace would unfold. I would like to say, may God bless them. They wish to have peace as we wish to have peace here. We pray constantly and will do everything possible for peace."

The congregation began nodding their heads, smiling and saying *spaseebah*.

Dr. Orlov introduced Gurudev, whom the delegates had asked to represent them. Very carefully and enthusiastically Dr. Orlov made his way correctly through the pronunciation of: "Swah-mee Sah-cheedah-nahn-DAAAH!" Gurudev applauded Dr. Orlov, who also translated his talk with the same overflowing enthu-

siasm. All the eyes were focused on Gurudev as he said the following:

"Beloved and blessed friends, it is a great pleasure and privilege, not only for me but for the entire group, to join you on the blessed day of the Ascension. The very day of the Ascension gives us a great message. It shows us that we all have to transcend our human limitations.

"We all look to Heaven and say 'our Heavenly Father.' We always address the Father as singular, not plural. It means there is only one Father. If there is a Father then there must be a Mother. The Mother is the whole Earth. That is why we call the Earth 'Mother Earth.' It means we are all children of the same parents. No matter what our colors are, our nationalities are, our languages are — we are all one in heart.

"That is the reason why the Blessed Lord said, 'Blessed are the people who are pure in heart; they shall see God.' So the one and only requirement to experience God is to have a pure heart, because it is the heart that brings us together.

"When I met Dr. Orlov, I hugged him. That means our hearts met. Our heads didn't meet. If our heads meet, there will be a big noise. When two individuals get married they call each other 'sweetheart.' They never call each other 'sweethead.' [laughter] It is impossible to be sweet in the head; it's always possible to be sweet in the heart. That is what we need — love and friendship. We must treat everybody as our brothers and sisters.

"So our message is that we trust you completely and we will go and proclaim our love in our country there. Unfortunately we do not always get the right news to the other parts of the world. That is why we came personally to see you all. I am sure on this Holy Day, that the Lord in Heaven is happy to see you and us together.

"This is a small beginning, and I am positive it will expand more and more. In the name of the entire globe, and particu-

larly America, and even more so in the name of our group who has given me the privilege of standing in front of you, we offer our love and friendship to you all.

"I should not forget to thank our beloved Pastor who has received us with a beautiful heart and given us this great privilege. We wish you all health, long life, peace and joy. Amen."

The congregation responded, "Amen."

Dr. Orlov explained that our delegation would sing a song and then would be leaving, after which their regular Church service would continue. He read the words of the "One World Anthem" in Russian so that everyone would clearly understand what we sang (we were still unsure of our Russian pronunciation). We sang in English and then Russian the following:

ONE WORLD ANTHEM

by Katherine Whiteside Taylor

All people share One World
All flags with peace unfurled
Shall fill the air
For people every place
Of every age and race
Of every time and space
One World to share!

Our many hopes and fears
Our laughter and our tears
All make us one —
Let's build and not destroy
So every girl and boy
May have full life and joy!
One World our home!

The congregation seemed very pleased and delighted by our heartfelt offering. They in turn sang a song to us.

It was a very emotional moment, where I think we all suddenly felt an overwhelming sense of our oneness as children of our "Heavenly Father" and "Mother Earth" as Gurudev had said. Our sincerity seemed to truly touch their hearts; and as we began to leave, an ocean of hankies wav-

ing farewell bade us goodbye.

We threw kisses to all. Many of the little old Russian ladies began to cry and return the kisses — taking time to alternately wipe their eyes and wave their handkerchiefs. It was a terrifically moving moment which left no dry eye but *did* leave an indelible print within each of our hearts.

My words fall short in describing these special moments, and I hope you might have a chance to view the videotape of this program and experience this for yourself. (An edited version will be circulated to all of our centers.)

We were then taken to see the final act of the Moscow Circus. Housed in a large tent, the circus was enjoyable and similar to a smaller scale Ringling Brothers, complete with animals, acrobats and clowns.

One special moment came when Patch Adams got to meet the main circus clown. He and Patch had a wonderful exchange. In a gesture of friendship, he offered Patch a pair of the shoes that he had been performing with for the past twenty years. Patch gratefully received this gift and the next day proudly paraded around in his new shoes. This was actually his first "real" pair and completed his clown outfit.

Report the Good

Sri Gurudev, Nina Lathrop (psychotherapist), and Bill Mitchell (naturopath) went to the Institute of Applied Technology on May 24 to have an informal meeting with the economist Leonid Chalykh and TV commentator Mr. Zolotarevsky.

They discussed a variety of subjects, among them the problems that Soviet people face in traveling to the U.S.A. because their money is not convertible and also no U.S. carriers are allowed to land in the U.S.S.R. nor are Soviet flights allowed to land in the U.S.

Another discussion centered on journalism. Gurudev commented: "News-papers always seem to present the undesirable pictures on both sides. This morn-

ing I was reading the English language newspaper *The New World*, which is published in New York mainly for the communist party people in America. It always said who killed whom, there was a fire here, this terrible thing there. There are so many nice things in America. The American news media doesn't report nice things about Russia either.

"Psychologically if you keep on reading the bad reports, looking at the dirty pictures — the more you think of these things the more the mind gets into that groove. There are nice things to say.

"At least we have decided to go and tell as many people as possible what kind of heart we saw here and what the feelings are here. A sort of eye-witness report."

At lunch at the Intourist Hotel, Mr. Vladimir Possner, one of the foremost Soviet journalists, [he has appeared several times on Ted Koppel's *Nightline*.] addressed this very point during a meeting our delegates had with him. Someone asked a question about the foreign news correspondents. Mr. Possner replied: "It's hard for me to speak about all correspondents. Generally the U.S. correspondents based in Moscow have an appalling record as far as speaking the language goes. Most come on a three year basis and don't plan to make a career out of it. They come in here and don't speak Russian, know little of the culture, do their thing and leave. They report on the basis of their own bias, which exists, and also on the basis of what they know their outfit wants them to say. There have been some exceptions, but by-and-large the information they send out is really not conducive to understanding [the Soviets]. Not being able to speak the language, they have to go through interpreters, and in general they miss a whole lot about the country. This is a generalization, of course. There have been cases of extremely knowledgeable correspondents.

"I had a very interesting conversation with David Shipler [*New York Times* correspondent and author of a book about

Russia]. We knew each other and have a certain respect for each other. I was talking with David and I said, 'David, why is it that in the *New York Times*, everything you write about us is negative? Why don't you just once in a while write something good? We're not all that bad; we do have some good things.'

"He said, 'Vladimir, you know the function of the press in the United States. It's to criticize. We always write about the negative; that's our function. For instance, we don't write about the planes that arrive safely at Kennedy Airport [New York], we write about the planes that crash.'

"I said, 'I agree with that. But, David, the majority of people in America know that the majority of planes at Kennedy tend to land safely. But if you are writing about a Soviet airport which is God knows where, and you only write about the planes that crash, your readers are going to come to think that, differing from Kennedy, at those outlandish places [in the U.S.S.R.] most of the planes crash. Why don't you tell them just once, that they also mostly tend to land safely?'

"'Well,' said David, 'It's a different approach.'"

Another question was raised about fear and distrust of each other being a main cause in the problems between the Americans and Soviets. Mr. Possner responded: "If we're talking about the Soviet perspective, I think we'd have to cross out the word 'fear.' Because to me, fear is something that's pretty irrational; it's a gut reaction, not thought out. In my opinion, the man in the street — and I hope you'll check me out on this — does not fear America and basically doesn't have anti-American sentiments. They may be critical of President Reagan but they are not anti-American. The word 'America' doesn't trigger a negative reaction in them.

"There is not this feeling that America wants to destroy us. What there is — and

I think this is at the political/governmental level — is the feeling that the present administration of the United States wants to disrupt this country economically and is forcing us into an arms race with the hope that we cannot match it, that we cannot do the Star Wars thing and that ultimately it will cause economic disruption which will destroy this system or force it to change radically in a way that would be acceptable to President Reagan and his people.

"But that, in my opinion, is more of a rational analysis of what is going on. It is not a fear. I feel it is more of an attitude on the part of 'officialdom,' and to a certain extent the man in the street, but it is not one tinged with either fear or some kind of prejudice. If the government made an anti-America appeal — let's imagine that — like say, America is the focus of evil or the evil empire, it would pretty well fall on deaf ears in so far as the psyche of the average person is concerned."

A final question, "What is your prognosis for the future?"

Mr. Possner's response: "I am talking to as many people, Soviets and Americans, and trying to establish trust to build bridges and trying to bring the two cultures together.

"Like Tom Paine I believe in 'common sense.' I don't think people are going to commit collective suicide nor allow anyone to force them to. So I believe that ultimately we're going to get through this, but it's going to call for a lot of effort. I'm willing, well, I don't think we have any choice in the matter. I think we either do it or it does us. That's my feeling."

That afternoon we were invited to the U.S. Embassy. Several members of the Embassy staff received us, and the Cultural Attache addressed our group. Many began to notice that we were going to definitely have a strong challenge when we returned to America. We so dearly treasured our personal experience of the people and this visit to the Soviet Union. Yet



Mike Farrell, Sri Gurudev, Shelley Fabares.

back at home and around the world, even at our Embassy in Moscow, we hear nothing but negative things about the U.S.S.R.

How would we be able to return home and not feel that we were being "unpatriotic" to *not* harbor negative feelings toward the Soviets? How would we deal with people, perhaps even our friends, accusing us of being "brainwashed" with Soviet propaganda or even of being Communists ourselves, because we now refused to think of the Soviet people as our enemy.

Peace Messengers

During our last day in the Soviet Union, May 25, in a final plenary session of our delegates, we confronted these issues of our re-entry into America as citizen diplomats. We affirmed that we could not and should not expect others to drop all their beliefs or prejudices just because of what we say. We should not and must not push our experience on anyone but instead simply share what we saw, heard, felt and experienced for ourselves.

Many of the delegates spoke about

their experiences:

Susan Tereba (Artist): "The things we have gone through have been so heart-touching. I haven't stopped crying since Helsinki!

"I was walking down the street the other day — a shopping area in Moscow. It looked to me like a Russian section in New York and seemed like home — so familiar! It made me realize that we can feel at home everywhere. If we can let everybody at home know that — that you can feel at home everywhere — I think it will go a long way toward helping them understand this country."

Richard Konieczka, whose firm specializes in money management, observed: "I saw everyone of us here, using a style that we found so effective that we thought it was a miracle. That was a style of unconditional love and opening up from the heart. It really worked on the Russians and it might even work on the Americans! I really would encourage you to treat your fellow citizens just the way you treated the Russians."

Mr. Amie Sanders, our Tour Escort

and Travel Agent of Security Travel, Washington, D.C. told us: "I had not planned to be with this group. There was another man who was to accompany the group. Then about a month ago I discovered that he was involved with escorting another group and he couldn't escort this one. I started looking around for someone else and that someone else couldn't make it. Then I tried a couple of people from the office and they couldn't make it either.

"I firmly believe that God's Will has a way — it can be very subtle sometimes and you may not know what He wants of you — but there are times when you get hit over the head with it and to me this was a *command* to go with this group. So I more or less reluctantly came along and when I got to New York, to JFK and first encountered Patch in his clown outfit, I thought 'Lord, what are you doing to me?' But this turned out to be quite an experience and a revelation to me. I will never forget it and it will stay with me.

"Between Ron and Larry, this trip has been a breeze for me — almost a holiday, so I am really grateful for all you've done. I think unquestionably that Ron was God's instrument in making this trip such a success."

One of the truly outstandingly memorable moments came when Helen, our main Intourist guide throughout Russia, got up to address us saying, "You are all excellent speakers, and what I value most of all in all of your speeches is the deepness of your feelings. Every speech that I heard here was full of love. That is the most important thing for me.

"Being with you, I felt nothing but love on your part. That is not unusual — but it is unusual because I felt the same from everybody and I thank you for that.

"It is hard to believe but I knew you were coming since last October when I first met Ron. You have all been to The Hermitage — the beautiful art museum in Moscow; I took Ron to The Hermitage

but I am sure he hardly remembers it because during the whole tour we were discussing this tour and what kind of people Ron was going to bring. It was so interesting to me. Ron had such a strong impact on me that I did not forget him, and I was so happy to see him again in Lenin-grad this time.

"When he described all that to me in October, well, I realized that Ron was a very interesting and peace-loving person. But I couldn't believe that he could bring such a big bunch of American people with the same attitude toward life. But now, you see, I realize that and I want to thank Ron.

"I was with you for a few days but now I have an impression, a feeling of love deep in my heart. I love this job because I can spread this love to others, and for me it is a great pleasure to meet Americans and to explain to them that we are people too, loving people. I feel myself as a part of your group. I am one of you and I want you to believe I have the same in my heart as you have in yours."

Ed Johnson, a former marketing and business manager said, "I was about twenty-two years old when I was on the Polaris submarines and I realized that that wasn't going to be the way to peace. Now that I am here, I see that what I was told at the time was that inner peace is a real tangible, important thing. In fact, I can't think of anything now more important to have or to hold or to be than inner peace. Because then everything that happens around it comes out harmonious. It's taken me since 1962 to realize what I was told then — that inner peace is the way to world peace."

Barbara Marx Hubbard expressed a feeling that seemed to be shared by many about Gurudev's participation as a delegate: "I would like to say about Swamiji that I think he was a magnificent example of a high being in total humility as one of us; to go everywhere and to do everything and be so humble and so great at the

same instant in time. I want to express our deep appreciation to Swamiji.

"I have had a personal learning for that — it's been a hard struggle for me in my life to identify totally with my function and yet there is something greater in each of us than our function. I am learning how just to *be* and not always to do what it is I do in order to have a reality. I think I got a step toward that on this trip, thanks to Swamiji and to all of you. I feel somewhat released from that identification into a sea of 'beingness' out of which whatever function needs to come will come and I thank you for this."

After nearly everyone had spoken, all eyes turned toward Gurudev. Ron asked, "Swamiji, would you like to say anything?" Gurudev looked at everyone and asked, "What shall I say?" Obviously everyone was interested to hear him speak.

"I would like to thank Ron and Rama because without those two beautiful beings, I would not have had this experience of Russia today. I want to thank them for another thing also. To put me on that pulpit of that holy place [the Baptist Church of Moscow] was really too much for me to think of. I don't know what made you all think of me and select me to stand on your behalf. When I was there I felt all your hearts talking through my heart. It was a great experience for me. You may not know how many Russian hearts you are taking with you. I noticed that.

"So as a whole, it was a wonderful trip. We learned a lot, we shared a lot, and if you can make it within these few days together like this then I am sure the whole world can make it.

"Another point is something on the minus side. Wherever we went we experienced the hospitality of the Soviet people. Whether it was a public function or in a private home we felt the love and hospitality of our Russian brothers and sisters. But I am a little pained and sorry to say

that we didn't feel the same hospitality in our own American Embassy. I was even thinking of writing to our government that it would be nice if they received people with a little more warmth and love. Even to offer a plain cup of water. We should learn that hospitality from our Russian friends. In the Baptist Church, for example, we went there just to pray. They were not supposed to offer us anything. But look at how they received us and treated us. That shows the wealth and the depth of their culture. In a way we should carry that with us. It is really a pleasure and a privilege to have their friendship.

"So let us make *all* possible efforts to enhance and expand this kind of true love and friendship between the two nations. If these two nations come together, I am sure the whole world will be happy and be together. Because these are the two main countries which can do tremendous good to the entire globe. If these two were good friends, I don't think any country would do anything negative toward any neighbor. If these two come together, the world comes together.

"In a way what you have done on this trip is not only beneficial for these two countries but it is beneficial for the whole world. I wish groups like this could go even to *other* countries. Why only to Russia? Let's become peace messengers to the entire globe. Let's go to various parts of the globe to share and care, love and live. Thank you. Om Shanthi."

The session ended and everyone went scurrying back to the Hotel to do some final packing; others out for final shopping, and so on.

First We Are People

Ron invited Gurudev to join in a private meeting with one of the most well-known and honored comedic actors in Russia, Mr. Arkadiy Raikin. He has been compared to our own Charlie Chaplin. Mr. Raikin is also a very close friend of



Dennis Weaver, Sri Gurudev, Rama Jyothi Vernon.

President Gorbachev. Now retired, Mr. Raikin lives in a beautiful building. A retired filmmaker created this residence of retired performing artists and filmmakers. It is a place frequented by all of the young, struggling artists. There is a huge auditorium and screening room, and they come to visit or even live for some time in order to get the advice and guidance of the senior artists. It's a great example of the master-apprentice system and a beautiful way for these special senior citizens to feel useful and creative. Now the government is thinking of expanding this idea in more and more areas.

We had the opportunity to spend several hours with Mr. Raikin and with the filmmaker who established this residence and discuss the role of the arts in helping build bridges of peace.

First we all got introduced. When asked to introduce himself, Sri Gurudev replied: "My present work is to try and set up a small village as an exemplary world where we can show that people can live together peacefully, collectively, cooperatively. It is called 'Yogaville' and it will be

a miniature sample for the whole world. Our aim is to bring all the people, all the races and, more so, all the religions together.

"To do that we have a project we call 'LOTUS.' It looks like a lotus flower, and the letters themselves stand for Light Of Truth Universal Shrine. It is a shrine with a light in the middle and altars for all the major religions and even altars for other thoughts. Each one is illuminated by the same source of central light. This is just to educate people to know that ultimately we get the light from the same source; there is one truth, many approaches. And we should stop fighting, at least in the name of religion."

Joseph Golden, a Russian filmmaker, spoke to us about his idea for a new channel of communication linking large groups of people in different countries using space age technology and using some new creative potentials. He explained, "The entire globe might end up looking like this place [refers to this present meeting and exchange]. It's true. It's a wonderful example of what we should

do this summer during the Moscow International Film Festival. The very first film should be the 'Global Town Meeting.'"

Mr. Golden spoke of the idea of a "Global Town Meeting." In a paper he wrote, he describes "Bringing one billion people together, which is now technically feasible and humanly symbolic. A network of "Space Bridge" terminals would link together large groups of people in seven countries by satellite."

He proposed that the audience view "together" around the globe, the horrors of World War II. He explained, "Never before in history would such a mass of humanity have had a chance to look at something together 'as it happens.'"

Another special feature of this fundamentally new medium for direct two-way communication between large groups of people resides in the fact that the giant videoscreens could show, simultaneously, both the film clips and the people around the world watching them.

When asked his opinion about this type of film and satellite link-up, Mr. Raikin replied, "I can't imagine anyone who would disagree."

Mr. Golden then proposed, "Let's start from here and now. I can make a copy of this meeting and Mr. Raikin can show it to President Gorbachev, and Michael [Killigrew] can show it to President Reagan."

"We can hold a Global Town Meeting and our host [Mr. Raikin] can get Mr. Gorbachev to address the meeting. I can guarantee that he can do this but if you can do the same with your President, well, that remains to be seen."

Michael replied, "We are committed to this idea. We are committed to making it happen; there is no question. It will happen. If we believe in this idea [Global Town Meeting] as strongly as you do, and we do, it will come about. By the Grace of God it will come about."

Gurudev added: "People are ready to listen to good ideas; even in the White

House there. A year or two back, Senator Pell and a few other senators came here [U.S.S.R.]. You know how they came? A month before they had invited me to the Capitol for a luncheon. We were having lunch and talking. Casually he asked me, 'Swami, do you have any suggestion of how there can be friendly relations between America and Russia? Is there anything you could tell us?' And I told him, 'First of all, stop telling the public that Russians are their enemies — we keep on saying, even from the pulpits, that they are enemies. Stop *that* first. Secondly, go and visit Russia with complete trust and with the idea of friendship. Meet your counterparts there, and I am sure a solution will come.' Within a month (I was traveling to Australia) I read in the newspapers that they were on their way to Russia."

Mr. Golden said, "Yes, and the President received them here."

Gurudev addressing our group, said, "So you see, if we go and talk to them convincingly, from the heart, I think President Reagan and others will listen. We have confidence in that."

"Great!" Mr. Golden said.

The senior filmmaker spoke: "I have been involved in the Friendship Society with other countries, for the past twenty years. I have been heading a club of international filmmakers. Members of our club represent thirty-seven different nationalities, from different countries; and they come to Moscow, where we hold discussions. Some of them, when they first come, they sometimes say, 'Well, okay, now we are having another dose of Communist propaganda.' But after studying here, they leave. Afterward they say, 'Nobody tried to convert us to Communism.' They remain loyal to their respective philosophy and religions."

"There are no national boundaries in the realm of art. If people of your country and our country could get together like this, they would immediately see that

there are no differences between us really. First, before anything else, we are people.

"Now we have the major task of doing something to preserve peace on earth, and this is something that brings us together. We don't have to make any propaganda — everyone understands what peace means. There's no alternative to peace. Therefore, we have to work for peace actively, every day.

"When you get back to your country, you will tell your people (and we will tell

Mr. Raikin: "I am convinced that the arts may set an example for people and help them understand what good conscience, honesty, and liberty represent. We normally know of these values from our classics like Shakespeare, Dostoyevsky, etc. So it's a very good idea."

Sri Gurudev: "It's true. One of the great influences on Mahatma Gandhi was Tolstoy."

Ron Mann: "I'm also aware of the critical importance of bringing people together in a small, intimate way. Because



Meeting with Arkadiy Raikin (far right).

our people about you) about what we do and we will establish a genuine friendship."

Mr. Golden: "This is what I suggest — Let us start a bridge at the upcoming Moscow International Film Festival. Let's start it from here (this meeting). We can include this footage."

Mr. Raikin: "I agree. Because the arts represent a level that everyone can understand."

Sri Gurudev: "It's like 'ping-pong diplomacy' to China. We can have 'art diplomacy' to Russia. If art cannot bring hearts together, what else can?"

in the small, intimate dialogues, greater steps toward communication and understanding can happen.

"My question is, if there's any way that it is possible for you [Mr. Raikin] to help us to make contact with political people here in the Soviet Union? I believe that if we have the beginning of a personal relationship with people in very high government levels, it will open thousands of doors back in the United States. I don't know if this is too much to ask of you?"

Mr. Raikin: "I believe the young leader of our country [Mr. Gorbachev] strikes us as being more human, and that is very en-

couraging. He's genuinely trying to understand people, and he is now working hard to deal with problems that have been long neglected here in this country. So that gives us hope that there will be more contacts with political leaders than we've had until now. I hope.

"I know this hope is shared by other people in this country. I'm not talking about bureaucrats. Bureaucrats remain bureaucrats. Unfortunately, nobody can guarantee that they [bureaucrats] will ever leave this earth. [laughter] Unfortunately, this is something we have to live with.

"It says in the Bible that 'in the struggle you shall acquire your right.' If you don't fight bureaucrats then life is not worth living. [laughter] You have to exercise your energy somehow, and they are a good target. [more laughter] I have been doing nothing else for the past forty-five years. Such is life. [applause] I am not complaining that the government has not appreciated my services. Everything that they could possibly lavish on an actor, they have done.

Mr. Golden: "Yes, he has gotten every civil distinction in this country."

Mr. Raikin: "So this is a sure sign that they agree with me in principle. As far as particulars, well this is where we get into problems and clash gears. But I can't say the problems we encounter are not solvable. No problem is unsurmountable. The will to solve problems is the main thing. Especially if it's an intense wish and drive. That is a symbol that is far more powerful than the greatest and deepest of fears. Therefore we must seek and develop intense and ardent desire [for peace]. All of the obstacles we encounter will be overcome if we drive on."

This was a very encouraging meeting,

and after exchanging gifts we hurried back to the hotel to pack for our train ride. We took the overnight train to Helsinki, where half of the delegates went to catch their flight to the East Coast and half of the delegates went to catch their flight to the West Coast.

As we left the U.S.S.R., some of us were concerned that we might have difficulties passing through customs with our film and our audio and video tapes. Among all of us we had taken hundreds of rolls of film. I had about eight or ten videotapes. Would it all be confiscated?

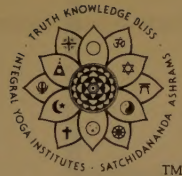
The customs and immigration officials boarded the train. The very first compartment they entered was Gurudev's. Feeling it might be more safe, I had placed all my luggage and video equipment in Gurudev's compartment. The officer asked if Gurudev had anything to declare. He said he had not purchased anything but was only given a painting as a gift. He volunteered to show it to the officer who, after seeing it, looked briefly around the compartment and went out. That was it! The officer saw my customs declaration papers stating that I had video equipment, but he said nothing and did not examine any of my luggage. No one had any film or tapes confiscated, and we had been able to film and record all our experiences freely and openly.

From the final plenary session, all throughout the train ride and now here at the Helsinki train station, teary goodbyes were exchanged. Though each one would go his or her "own" way, the feeling stayed, that some part of ourselves would be inextricably tied to each other and to the Russian people; to our common dream of peace and harmony; to the commitment and belief that Peace is truly "within our reach."



Special thanks to Ms. Alexandra Morrow, Mr. and Mrs. Peter Hsi, and other friends whose generous donations made Sri Gurudev's travel to Russia possible.





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The continued publication of Integral Yoga Magazine is made possible by the generous contributions of these groups and individuals.

"Past is past. The future is not in your hands. But the golden present is in your hands. Think of the golden present. Do what it is right to do now."

-Sri Gurudev



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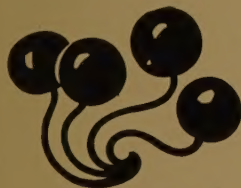
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communion with God?"

-Sri Gurudev

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Sri Swami Satishchandra
— *Si* —

